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TITLE : METHOD FOR CONTINUING OXIDATIVE METABOLISM ACCOMPANYING TO EXERCISE AND FOOD AND DRINK FOR SPORT

ABSTRACT : PROBLEM TO BE SOLVED: To continue the oxidative metabolism accompanying exercise, effectively consume the fatty acid consumed by the oxidative metabolism and reduce the body fat by taking palatinose as a sugar after exercise.

SOLUTION: Oxidative metabolism accompanying to exercise is continued by taking palatinose which is a disaccharide composed of glucose bonded to fructose through  $\alpha$ -1,6glucosyl bond as a sugar after exercise in the form of refreshing drink, powdery drink, jelly drink, nutrient controlling candy, etc. The preferable content of palatinose is generally 3-15 wt.% for refreshing drink and jelly drink, 65-95 wt.% for powdery drink and 10-50 wt.% for nutrient controlling candy.

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